



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Diepenbrock, Kira

Club: Northwood Runners

Number: 314

Course: 22.75 km

Halbmarathon

Category:

Frauen (20-29 Jahre)

Total time: 2:46:18

Speed: 8.21 km/h

Running performance: 7:19 min/km

Rank in course/Total: 153 (of 159)

Rank in course/Women: 35 (of 37)

Best time in course: 1:42:13

Rank in category: 7(of 7)

Best time in the category: 1:42:13

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Stage score | | | | Total ranking | | | | | | |
|-----------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
| | | | | Pos Cat. | Behind Cat. | Pos Women | Behind Women | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Women | Behind Women |
| Lap 1 | 3.25 | 21:35 | 6:38 | 7 | 8:18 | 33 | 8:18 | 3.25 | 21:35 | 6:38 | 7 | 8:18 | 33 | 8:18 |
| Lap 2 | 3.25 | 22:35 | 6:56 | 7 | 8:31 | 33 | 8:31 | 6.50 | 44:10 | 6:47 | 7 | 16:49 | 33 | 16:49 |
| Lap 3 | 3.25 | 22:39 | 6:58 | 7 | 8:14 | 33 | 8:14 | 9.75 | 1:06:49 | 6:51 | 7 | 25:03 | 34 | 25:03 |
| Lap 4 | 3.25 | 24:25 | 7:30 | 7 | 9:38 | 35 | 9:38 | 13.00 | 1:31:14 | 7:01 | 7 | 34:41 | 34 | 34:41 |
| Lap 5 | 3.25 | 25:52 | 7:57 | 7 | 10:55 | 36 | 10:55 | 16.25 | 1:57:06 | 7:12 | 7 | 45:36 | 35 | 45:36 |
| Lap 6 | 3.25 | 24:47 | 7:37 | 7 | 9:28 | 34 | 9:28 | 19.50 | 2:21:53 | 7:16 | 7 | 55:04 | 35 | 55:04 |
| Last lap Finish | 3.25 | 24:25 | 7:30 | 7 | 9:01 | 32 | 9:23 | 22.75 | 2:46:18 | 7:18 | 7 | 1:04:05 | 35 | 1:04:05 |